### EATING WHAT YOU WANT

Not to be limited in his diet but to eat

whatever he pleases without discomfort is the dream of every dyspeptic.

Nobody can honestly promise to restore any stomach to this happy condition because all people cannot cat the same things with equally satisfactory results. It is literally true that "what is one man's food is another man's poison." But it is possible to select a pleasing diet from articles of food that cause no discomfort and it is possible to tone. no discomfort and it is possible to tone up the digestive organs.

When the stomach lacks tone there is

no quicker way to restore it than to build up the blood. Good digestion without rich, red blood is impossible and Dr. Williams' Pink Pills offer the best way to build up the blood. They also have a direct action on the nerves and as the nerves control the processes of digestion, these pills are especially good in stomach trouble attended with thin blood and in

nervous dyspepsia.
You can begin this treatment at once because your own druggist sells Dr. Williams' Pink Pills. Perhaps you are not eating the right foods. Sometimes the very things that people eat "for their health" are the things that hurt them. A postal card request to the Dr. Williams. postal card request to the Dr. Williams Medicine Co., Schenectady, N. Y., will bring a free diet book. Write for it today.

### RULES OF REGULATING BUSINESS. Federal Trade Commission Will Try to and dry. Make Them Simple,

Washington, D. C., June 26 .- Rules of practice under which the federal trade salt or oxalic acid and salt. Wash imcommission will perform its legally im- mediately after the rubbing and polish posed duty of regulating business were made public to day by the commission. will tarnish more quickly and be further the more quickly and be further Framed with a view to keeping proceed- harmed, ings in as simple a form as possible, they follow in many respects the practice established by the interstate commerce

law and the Clayton anti-trust law clothe away with us. Here are a few hints on pound of shelled and broken walnuts, powers, the rules of practice follow the law closely. They provide for daily sessions in Washington to consider pending cases and make orders. To prevent use of the commission with broad discretionary the subject:

If people fret you, it is not necessary lar and half a pound of seeded raisins. Place the prepared fruit in an enamelled saucepan, add the juice and yellow pulp of the orange with the other ingredients and simple of the orange with the other ingredients. the commission with broad discretionary the subject: of the commission as an instrument of persecution in competition, informal complaints will not be made public until so. Get up and see to the matter and scorch. When cooked to the consistent been determined whether they justify intervention by the commission. When the

commission has decided so that the war be brought to an end and through a peace

ty of marmalade, pour into jelly glasses brought to an end and through a peace

which will make possible friends to peace, that the war be brought to an end and through a peace

which will make possible friends to peace, that the war be brought to an end and through a peace

ty of marmalade, pour into jelly glasses and the next day cover with paraffine. commission has decided to take cogniz. When you feel it coming on plunge at ance of a case a formal complaint will once into some task that will take all with toasted muffins or as a filling for be issued and served with notice of hear- your time and energy. It is better to ing, fixed at least 40 days after service. swer replying in detail. On the com-plaint and the answer the commission will take up the case in public hearings examining witnesses, hearing arguments and accepting briefs. Interested parties will be allowed to intervene on applica-

tion to the commission. orders and subpoenas, taking of depositions, where oral testimony is not availthe rules of procedure in the federal

tigation several hundred informal comduce results in the shape of formal actions and public hearings.

### Topics of the Home and Household.

Never pierce meat while it is cooking thus allowing the juices to escape.

When ironing have a number of coat hangers upon which to put shirtwaists or children's dresses. It keeps them in better shape.

All green vegetables should be kept in cool, dark place, but not in great quantities. Roots of all kinds should be kept in dark, dry places because light, warmth and moisture produce either germination or decay.

When a kitchen table is very dirty and stained, sprinkle a good handful of common salt over it, and scrub with hot water and soap. This takes out all the stains, and whitens the table splendidly.

When your house plants look a trifle dejected, and water does not revive them, try putting coffee grounds on the roots three times a week; then once a week give them a tablespoonful of olive oil; lo not allow the earth to become hard

To clean brasses quickly end economi-cally, rub them well with vinegar and with tripoli and olive oil. Unless the acid is washed from the brass at once it

### Don't Yield To Nervousness.

No one can help feeling nervous at times in this age of rush and racket, but it is quite possible to put on the brake, Although the federal trade commission as it were, and not let the nerves run

of the commission as an instrument of and choose another. If a noise at night and simmer over a very moderate heat

run away from certain things than to all around.-Exchange.

### Rhubarb as an Appetizer.

The slightly acid Lavor of the rhubarb, which is extremely h althful at this seaion to the commission. the appetite, which during the spring der Rules governing service of complaints, months is likely to be capricious and fickle. Unfortunately, many housewives object to using rhubarb because of the barb and select the reddest stalks. Place cians, able, use of documentary evidence and great quantity of sugar required in cookthe fruit in a granite saucepan, with the further to postpone that peace which is the Irish World, the stalks fresh and not wilted this difficulty may be overcome by adding to the fruit after it is boiling hard a tiny pinch of baking soda. thick. Remove from the fire, let it cool not to draw itself out needlessly, to enplaints. So far none have been made public and no formal action has been taken. It is expected, however, that the work of the commission will soon proture enough in which to cook it. Stewed rhubarb is known to almost rather unusual.



Ashamed of her bad complexion

If you, too, are embarrassed by a pimply, blotchy, unsightly skin

# Resino

will probably clear it. Just try Resinol Soap and Resinol Ointment regularly for a week and see if they do not make a blessed difference in your complexion. Sold by all druggists. Prescribed by doctors for 20 years for most skin troubles. Use Resinol Soap for your shampoo, too.

every housekeeper, but even this home put on to cook

Authorities differ about skinning the stalks are young and delicately tinged with pink this is not necessary, and unthe cooked fruit a beautiful pink color. As examples of delicious methods of preparing "this first spring fruit" the followng suggestions are offered:

Rhubarb Conserve-The ingredient re quired are two quarts of fresh rhubarb, cut into small pieces, one-quarter of a This is a delicious sweetment to serve neighboring nations."

Rhubarb Custard Pie-Slice and stew ing, fixed at least 40 days after service, run away from certain things than to Within 30 days after service of a formal let them irritate you. Such martyrdom 10 stalks of fresh rhubarb that have has been opposed to a policy of conquest a highly undesirable impression abroad. complaint a defendant must file an an- is usually unnecessary and bad for you been cut into small pieces. When ten- and annexation. We now raise anew The manifesto may be interpreted as war which is extremely halthful at this sea-son of the year, is also stimulating to the expectite, which during the spring der crust only, as an ordinary custard through the demands of great economic watchword for Germany—'Hold through'."

Gasologue No. 7

"Because I've watched you on this tour, and whenever you want

gasoline you always look for a

"Yes, it's the SOCONY sign."

"Yes, and a guide post, too. It

means 'safety first' when it comes

"Then you're always sure of getting good gasoline if you look for

"You're sure of getting not only

good gasoline, but the same gaso-

line, wherever you go. That saves carburetor adjustments.

SOCONY Motor Gasoline is a

straight-distilled product, abso-

lutely uniform, every drop like

every other drop. It's a clean fuel,

"SOCONY Motor Gasoline.

"Right. It's Standard Gasoline

-the same 'Standard Gasoline'

that careful motorists have always

STANDARD OIL COMPANY OF NEW YORK

powerful and quick-starting."

Isn't that?"

insisted upon."

"Do You believe in signs?"

"Sometimes. Why?"

sign. Isn't that so?"

"An advertisement?"

to gasoline buying."

the SOCONY sign?"

## AN APPEAL FOR PEACE

German Socialists Say People Want the War Stopped

FRIENDSHIP WITH NEIGHBORS

Urged in the Declaration at Berlin-Vorwaerts Suspended

Washington, June 28 .- The board of firectors, or managing committee, of the Social Democratic party in Germany, has caused to be published in the Vorraisins, a little grated lemon peel or bits waerts at Berlin a full-page appeal for of sliced orange are added when it is peace. This interesting document calls for a peace, under certain circumstances which will make possible friendships with rhubarb, many contending that if the stalks are young and delicately tinged most clearly the opposition of the party to territorial conquest and annexation. The people want peace, it declares, and readiness to enter peace negotiations. The Vorwaerts has been suspended indefinitely for printing the appeal.

of the war and worked vainly for an international understanding, but when the flict. the disposal of the fatherland. It then other belligerent lands to exert their in made in the Reischstag Aug. 4, 1914, same sense." which said: "We demand as soon as safety has been secured and our opponents are inclined to peace, that the war be according to a Reuter dispatch from Ambrought to an end and through a peace sterdam to London. The Norddentsche which will make possible friendships with Allgemeine Zeitung of Berlin, in chron-

The appeal closes with these words the Socialist Democratic party always ly to be regretted because it will create der, mash fine and press through a col-der, mash fine and press through a col-ander. For each pie use the yolks of and every proclamation, the purpose of does not exist. Military events and the ander. For each pie use the yolks of and every proclamation, the purpose of does not exist. Military events and the two eggs, a heaping cupful of sugar, two-which is the annexation of foreign terri-political situation offer prospects of a thirds of a cupful of rich milk, one tea- tory and the oppression of other nations spoonful of butter and a little grated efforts and proclamations which have beassociations as well as through the . Rhubarb Shortcake-Cut up the rhu- speeches of leading non-Socialist politi-

This is an excellent shortcake and is perior forces, has thus far victoriously rather unusual. Dorothy Dexter. defended herself against all her enemies,

## INFLAMED ECZEMA ON BABY'S HEAD

Face and Hands. Grew Worse Rapidly. Very Cross and Fretful. Eyes Almost Closed for Month. Used Cuticura Soap and Ointment. Well In Three Months.

Route No. 7, Concord, N. H .- "My boy was troubled with eczema when only two months old. It was on his head, face and hands so badly we had to keen his hands tied to his cradie, he would scratch so. When it made its first appearance it looked like water blisters. It grew worse rapidly. My child was very cross and fretful and we had to have a nurse with him all the time. His skin was red

and inflamed. His eyes were almost closed for a month. I thought he would be disfigured for life. He wouldn't eat nor-sleep. We tried everything we could think of cura Soap and Ointment. We could see a great change with the first application and in a week he was very much better. He was

Mrs. Eva L. Towle, October 16, 1914. Sample Each Free by Mail With 32-p. Skin Book on request. Address post-card "Cuticura, Dept. T, Boston." Sold throughout the world.

brought their starvation plan to naught about peace.

"In the name of humanity and culture efinitely for printing the appeal. and supported by the favorable military. The appeal is published under the situation brought about by the bravery neading "Social Democracy and Peace." of our comrades in arms, we demand of It begins with a reference to the fact the government that it make known its ticket allows me a chance to push on that the Socialists foresaw the coming readiness to enter peace nagotiations in either car. My car may not climb to order to put an end to this bloody con-

"We expect our Socialist comrades in refers to the declaration of the party fluences on their own governments in this and is called the most clevated city in

For publishing the Socialist appeal for peace the Vorwaerts has been suspended, icling the suspension of the Vorwaerts commented on the Socialist pronounce 'The managing committee (vorstand) of ment as follows: "The manifesto is greatsuccessful peace. The German Jovernment of its own accord will do what is

### PRESIDENT WALKS AND MOTORS FAR

Affairs of State-Fire at Windsor.

Windsor, June 28 .- While President

at the "Summer White House" working no garden vegetables, nor can they be on some correspondence Saturday morn-raised within 10 miles of Leadville. They ing, and yesterday afternoon went auto, say he will abandon his ranch soon, un-mobiling through the Connecticut val- less he can find another eastern sucker ley to Hanover, N. H., and White River to buy it from him. Land prices every-Grayson. Miss Helen Woodrow Bones and "Baby" Sayre remained at Harlaken- 10 to 25.

Wilson personally called to three natives passing by for the past hour. A man domen is tightly distended with gas.

The most common cause is too me

OSBORNE AGAIN ON STAND.

Saturday at the trial in New York of as steep as the roof of a barn. They tell as the case may be and stop werrying.

Maxwell and David Slade, lawyers, and us that six out of every eight autos have the roof should be nutritious, not hightive, on indistments charging them with

Well, we all had to take the places of Constipation, if present, should be eng-

counsel for the defendants, Mr. Osborne from solid rock, with meeting places or. She can do this quite easily, and with-

ereation with David Slade. Slade," said the witness, "that the girl the highest point of our road we found a (Ray Tanger) must be wrong, as at the ... time she claimed was with her, I was trying a case in Providence, R. L. Slade replied that he had investigated that, and was satisfied that I was in New

York on the date exceed? Papers in the breach of promise suit were read to the jury by Mr. Littleton and an adjournment was then taken unUP AND DOWN MOUNTAINS.

er Saw in Vermont.

Editor, Times: (About six miles east Leadville, at an elevation of about 10,000 feet, just under the snow line, this 20th day of June, 1915.) When we started from our camping site yesterday, we supposed we had got most down, but we kept going down for more than an hour, then commenced to climb again, and kept it up for more than 3,000 feet. Then a great panorama opened before us in the west. We could look down probably more than 4,000 feet on a desert, which is one of the Colorado parks, en-

tirely closed by mountains. We went down onto the plain, or desert, and it took us about four hours to ross it. Then we climbed westerly another range of mountains to probably about 9,000 feet again, then, after going on the crookedest and hilliest roads any of us ever saw, we came down into another Colorado park, but not as large as the other, and on the west side of the park was Buena Vista, one of the most cautiful cities or towns we have visit-

From that point we started west to wards Leadville, over very dangerous roads, but we got through to our camping site. However, I had a "third-class' icket all day.

I believe so far I have not said much s to the cost of gasoline on our route. so far it has not averaged to cost as igh as in our home Vermont town. paid 20 cents per gallon for three gal-lans in one place. That would not have been necessary if I had inquired the price beforehand. It was 18 cents at our last place, Buena Vista. It does not take nearly so much gasoline in this light at the government is called upon in the and demonstrated that she is unconquer- mosphere, nor do we get the same power name of humanity to make known its able, should take the first step to bring from our engines. We, with our Ford so far have had no trouble in climbing Dix had trouble yesterday in adjusting his carburetor to our high altitude. Both ered probably 20 times and delayed us two or more hours. My "third-class" day. We now start for Leadville and intend to spend a few hours in looking over

> Leadville has a population of 12,000 the world. Where we are now camped we can see snow in every direction from us and only slightly above us. We covered up our radiators to keep them from freezing last night. Water froze in our water pails, both top and sides of pail. Trees are just leaving out here. I asked and a train of cars passing, 1,000 feet bea man how long their season was here low us. We watched them damp ore and he answered, "Three weeks."

> (9 a. m.) Helen, Ida and I are stopping in our cars on Main street, Leadville, and Dix, Howard, Floy, Eli and Barton started off afoot about a mile in the village of Eagle, situated on the to visit the mines and smelters. While they are gone I will write up some of Grand, which joins this only a few miles

Water here in the West is sometimes rather scarce. Where we camped last Springs). night, especially so. We stopped near s for water at the nearest house. Well, we got to the house after a while, but they said they had no water at the house, but would show us a spring of good water. We followed the man what seemed one-half mile and we found his spring, which really was seepage from irrigation and of course tasted strong of alkah, but we have to take what we can get

ment as a result of his part in extin- sand. So Dix said, as he was quite cold the cows with it anywhere in our pasguishing a fire there in 1913, expressed pleasure when he heard of the work of the men.

(he had his mackinaw en), that he would ture. We go and get the water alone. It looked to us Vermonters as though it was 40 or 50 rather rods away. It really was a mile or more, garage making repairs on his car. The president's private car is being He had a job to find the spring, but of me, while writing, is a bank 500 feet

hurriedly to Washington. A present he bought the place of 300 acres last spring. He bought the place of 300 acres last spring. He bought the place of 300 acres last spring. He bought the place of 300 acres last spring. He bought the place of 300 acres last spring. He cents: eggs, 24 cents. We had to I in that "hole," Red Cliff, 25 cents per and garden truck for the city (Leadwille). They say at Leadville he can raise some hay, but positively can raise

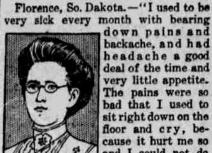
Tells of Receiving Letters from Rae towers nearly 1,000 fest and so narrow symptoms is colic. there is room only for the river and rail-road. We certainly should not have liked viewpoint of the cause, is quite simple. New York. June 28. James W. Os. to have trusted to get out with our an First of all, the mother invariably is borne, former assistant district attorney too the way we came in, and there is in need of building up. She must have of New York, resumed the witness stand only one other way out and that looks a reasonable amount of exercise (or rest,

described how he received letters from casionally. We met two cutos. Once we had to back to a better place, and an bettle each afternoon. This feeding, for Miss Tanzer was in court Saturday, as other time the other purty were nearer, an infast one to three months old, may was Mrs. Otherme. Mr. Cuberne told of a telephone con- had gone down the bank it would have I or, whole milk (boiled or pusteur-"I told been for 1,000 feet into the cunyen. On ined.)

> HORLICK'S The Original MALTED MILK es you say "HORLIOK'S" burby water, keeping the sugar the may got a Substitute, same.

## Vermont Autoists Find Climbs They Nev- IN SUCH PAIN **WOMAN CRIED**

Suffered Everything Until Restored to Health by Lydia E. Pinkham's Vegetable Compound.



down pains and backache, and had headache a good deal of the time and very little appetite. The pains were so bad that I used to sit right down on the floor and cry, because it hurt me so and I could not do any work at those times. An old wo-

man advised me to try Lydia E. Pinkham's Vegetable Compound and I got a bottle. I felt better the next month so I took three more bottles of it and got well so I could work all the time. hope every woman who suffers like I did will try Lydia E. Pinkham's Vegetable Compound."—Mrs. P. W. LANSENG, Box 8, Allyn, Wash.

Why will women continue to suffer day in and day out or drag out a sickly, halfhearted existence, missing three-fourths of the joy of living, when they can find health in Lydia E. Pinkham's Vegetable

For thirty years it has been the standard remedy for female ills, and has restored the health of thousands of women who have been troubled with such ailments as displacements, inflammation, ulceration, tumors, irregularities, etc.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

was at a point where a short canyon led out of the main canvon. We could look down into this canyon and see the river from the top of a pit down into the canyou, where it was either smelted or loaded into cars.

I am writing this at our night's camp river Eagle, which is a branch of the away. From there we expect to go up the Grand to Glenwood Springs (Hot

Yesterday afternoon we passed through schoolhouse and we found no pump, such the most impressive scenes of our jour-as we found further east. So Dix and I ney. We passed down the canyon of the took a pail and water bag and started Grand. We had seen at home probably 100 different photos of the same, but the photos did not do justice to the scenery. The rocks were of every imaginable col-

or, mixed in places; in others, solid color, Here at Eagle we are 4,000 feet lower than we were the night before at Leadville, but water froze in our pails this morning. As usual, we are two days behind the rain. All through here they say Wilson was taking a long automobile here. We started for camp across lots they have had unusual rains. These and the other fellow started for home. they have had unusual rains. These ride with members of his family Satur-day three negro employes on his private dark with the water, ate our suppers, ways. Most of the roads here are excelcar were busy putting out a fire which caused intense excitement in Windsor.

Dut on all the clothes we had and went lent, if they are steep, but we find some pretty bad ones. While passing over one of these vertexes. The president, himself an honorary mem-ber of the Gulfnort (Miss. fire depart-night, had nearly all evaporated into the

We are stopping at our camping place rather late this morning, as Dix is at the kept at Windsor constantly in case of a crisis in the foreign situation should arise and the president should be called

Later I interviewed the owner. He ting back to habitation, where we can

### When Baby Has Colic.

There are very few breast-fed babies who do not have colic more or less frequently during the first year of life, Junction. He was accompanied on the where in the West are high, except describe by Mr. and Mrs. Francis B. Sayr., ert lands, which are occupied only by Miss Margaret Wilson and Dr. Carey T. gophers and jack-rabbits. When comden house.

During the ride the president and his party became lost several times and Mr.

During the ride the president and his mines and them than we had seen in more about them than we had seen in feet and hands are cold, and the abthe great pain, the baby cries violently,

In neither instance did the men show any sign of recognizing him.

The president received word from the White House in Washington that every thing was quiet there and letters from a number of friends expressing the wish ing came from Secretary Lansing of the state department.

Yesterday the president attended church with members of his family and calling himself a tailor has just presented me his card and a lump weighing about one ounce, which he said was pure gold and copper, half and half. I certainly think it too heavy to be all copper.

We left Leadville about 930 a. m. Passed over pretty good roads and net any heavy grades to the top of the divide at Tennessee pass, 11,000 feet up. I wrote before about crossing the continental as it should be, inside of two hours. church with members of his family and divide is at the Tennessee pass. The At the next feeding, it is again overtook an automobile ride in the after-noon. This week he will begin to play golf regularly every day to improve his bealth.

divide is at the Tennessee pass. The other divide was between the Platte or Missouri hasis and the Arkansas basin. We passed up the Arkansas river some feeding. This constant dilatation and fermentation are sure to give dyspepsis Now we are at Red Cliff, a pretty Lt. and colic. The dyspensia may show ittle village down in the valley. No road self as loss of weight, comiting, diarrhea down, on account of a canyon, which of constipation, but the most common

conspirary in connection with the breach second or third-lass passengers, except rected, and a tonic be taken if necessary promise suit against Mr. Osburns Howard and Barton, who drave the ears. Above all, to regain her mental equilib. Raw Tanzer.

All that were able did a good deal of rium, she should have recreation and en-In reply to questions on cross-exam- pushing and we got in the top. The tertainment. It is well for her to be instinn by Martin W. Littleton, chief road was very narrow and mostly hown group from her haby a few hours a day.

2 on barley water Spireappoonful of sugar of milk

This, probably, will be sufficient for with colic; but if the child seems upsatisfied, the total amount may be by syemsed or the proportions may be alterns, by slightly increasing the amount of whole milk at the expense of the



Bethal Garage Switzer's Gara Jac. A. Craba A. N. Westle CHELSEA

SOUTH STEGATE

WELLS RIVER from from A. 7. Doro